



May 4-10, 2015
Cycle 4

Food portions at breakfast and lunch will be served as required by the
Healthy Hunger-Free Kids Act of 2010.

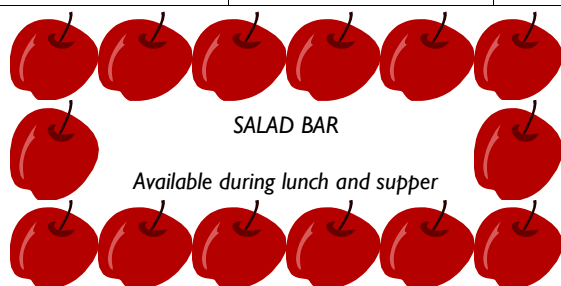
For more information, please visit the FNS website:
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions
by Manzanita Residence

****Please note: Items are subject to change based on availability without prior notice****

Mon 4	Tue 5	Wed 6	Thu 7	Fri 8	Sat 9	Sun 10
WG biscuit or WW toast Pineapple Orange juice Country sausage gravy Milk	WW tortilla or WW toast Mixed fruit Apple juice Potatoes with chorizo Milk	WW tortilla or WW toast Peaches Craspberry juice Scrambled eggs with bacon Milk	WW toast Pears Orangerine juice Breakfast casserole Milk	WG pancakes strawberry splash or WW toast Mandarin oranges Fruit punch Danimal strawberry yogurt Milk (syrup)		
Hotdog on WW bun or Veggieburger on bun Oven fried potatoes Mixed fruit Milk (relish/chopped onions)	<i>It's 5 de Mayo!!</i> Fidel's fixin's Call in for menu 520.770.3696 Milk (lettuce/cheese/salsa)	WG DD cheese pizza Coleslaw Fruit salad Elf cookie grahams Milk	Beef stew casserole Spinach mandarin orange salad WG breadstick Pineapple Milk	Orange zesty popcorn chicken Glazed carrot coins Stir fried brown rice Seasonal fruit Milk	Chicken nuggets Twister fries Baked beans Sherbet Milk	Egg noodles w/ chicken & veggies (ala ramen) Sidekicks Milk
Breaded fish Okra Pasta salad Sherbet (L) Milk (tartar sauce)	Nacho bar (taco meat/tortilla chips/cheese sauce/jalapeno slices/ olive slices/sour cream/lettuce/salsa/guacamole) Corn Sidekicks Milk	Chicken wings Potato wedges Carrots & celery sticks Pudding Milk	Grilled cheese Tomato soup Green beans Mixed fruit Milk	Spaghetti with meatballs Garlic toast Mixed vegetables Cookie Milk	Pepperoni pizza (HM) Garlic toast Romaine Caesar salad Fruit salad Milk	Chicken eggroll Steamed brown rice Stir fry vegetables Fortune cookie Milk (sweet & sour sauce/soy sauce)



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).